

# Pregnancy, Lead and Your Baby

What You Need to Know



Ohio Department of Health  
Bureau of Child and Family Health Services  
Childhood Lead Poisoning Prevention Program

246 N. High Street

Columbus, Ohio 43215

(614) 466-5332

1-877-LEAD-SAFE

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# What kind of problems can happen with lead?

## **Lead poisoned children and babies may have:**

- Problems with learning
- Lowered attention span
- Hyperactivity
- Hearing loss



Your child could be affected even if you are exposed to lead while you are pregnant.

Also, you could have a higher than normal chance of having a baby born too soon or having a miscarriage, if exposed to lead during pregnancy.



## Lead is found in:

- Paint and paint dust in homes and furniture built before 1978
- Soil or dirt
- Some children's toys and jewelry
- Some jobs (painters and welders) and hobbies (stained glass, casting fishing sinkers)
- Some folk remedies and cosmetics
- Ceramics and crystal
- Water



# Prenatal Risk Assessment

Ask yourself these questions to see if you, your baby or your children are at risk:

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| ① Do you live in or regularly visit an old house (built before 1978) with ongoing renovations that generate a lot of dust (e. g. sanding, scraping)?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ② Do you live in or regularly visit an old house (built before 1950) that has peeling, chipping, dusting or chalking paint?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ③ Do you have children in the household with lead poisoning?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ④ Do you have a history of lead poisoning?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑤ To your knowledge, has your water been tested for lead, and if so, were you told the level was high?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑥ <b>Sometimes pregnant women have the urge to eat things that are not food such as clay, soil, plaster or paint chips.</b><br>Do you ever eat or chew on non-food items?<br>(If yes, discuss with your doctor) | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑦ Do you use homemade pottery or leaded crystal?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑧ Do you or others in your household have an occupation (see <i>below</i> ) involving lead exposure?  | <input type="checkbox"/> | <input type="checkbox"/> |

Lead abatement	Use of lead-based paints	Home renovation/ restoration	Metal scrap yards/ other recycling
Manufacturing/ installation of plumbing components	Brass/copper foundry	Glass recycling, including stained glass	Occupations using firearms
Firing range work	Pottery making	Production/ use of chemical preparations	Bridge, tunnel and elevated highway construction
Motor vehicle parts and accessories	Automotive repair shops	Industrial machinery manufacturing	Battery manufacturing/ repair

- |  |                          |                          |
|--|--------------------------|--------------------------|
| ⑨ Do you use any traditional folk remedies or cosmetics (see below) that are not sold in a regular drug store or are homemade, which may contain lead? | <input type="checkbox"/> | <input type="checkbox"/> |
|--|--------------------------|--------------------------|

Alkohol ( <i>kohl, surma</i> )	Azarcon ( <i>reuda, liga, coral, alarcon, maria luisa</i> )	Bali goli
Ghazard	Greta	Pay-loo-ah

# Questions for Lead

⑩ Do you or others in your household have any hobbies or activities likely to cause lead exposure (*see below*)? YES  NO

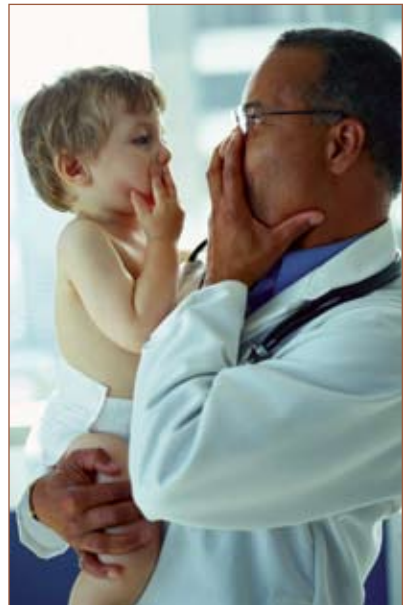
Scraping, sanding or burning lead-based paint on household structures or furniture	Making or painting on stained glass	Copper enameling	Bronze casting
Making pottery/ceramic ware with lead glazes/paints	Casting ammunition, fishing weights or lead figurines	Collecting, painting or playing games with lead figurines	Jewelry making lead solder
Electronics with lead solder	Print making (using lead white, flake white and chrome yellow pigments)	Liquor distillation	Hunting and target shooting

**Yes response** = please refer patient to one of the Ohio Lead Regional Resource Centers (RRCs) for education.

- Northwest RRC** = 1-800-698-3691
- Southwest RRC** = 1-800-957-3810
- Southeast RRC** = 740-454-9741
- Eastern Ohio RRC** = 1-866-887-6779 ext. 138

If you answered, “yes” to any of these questions, get a blood lead test for your child right away.

Unless there are symptoms, pregnant women don’t have their blood tested for lead. This is because while pregnant, blood tests may not be accurate and there is no treatment for high levels.



# Preventing Lead Poisoning

## Do these things:

- Eat healthy, well-balanced meals
  - Some examples are:  
Milk, meat, cereal, beans,  
peas, spinach, cheese,  
cooked greens
- Wash hands well and often
- Keep your house clean
  - Wash floors and window sills often
  - Damp dust
- Keep regular prenatal doctor visits
- Protect yourself if your job exposes you to lead



- Leave your shoes at the door
- Avoid peeling, chipping paint
  - Do not sand paint
  - Avoid remodeling and lead paint removal
  - Do not use a heat gun to remove old paint

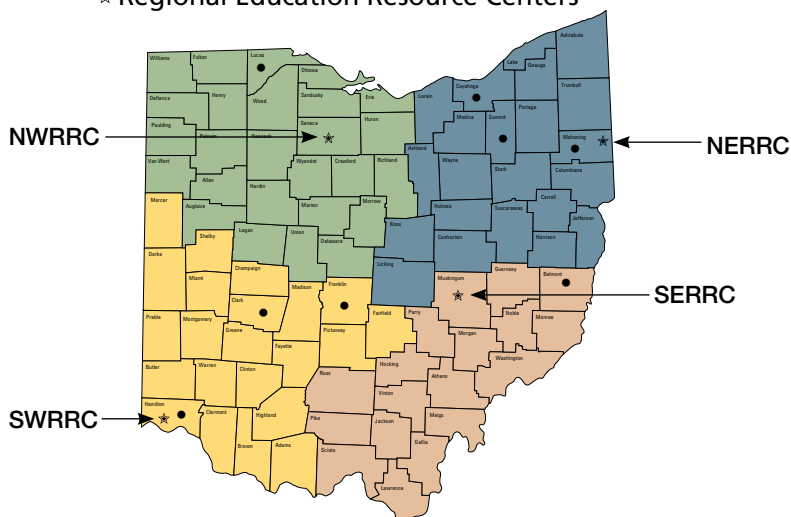
- Never sweep or dust with dry cloth
- Never put non-food items in your mouth (sometimes pregnant women may have an urge to eat things that are not food). If you have the urge to eat non-food items, discuss this with your doctor.

- Some examples are:

- Corn starch
- Crushed pottery
- Dirt



• Childhood Lead Poisoning Prevention Program  
 ☆ Regional Education Resource Centers



☆ NWRRC

**Northwest Regional Resource Center**  
*Seneca County General Health District*  
 71 S. Washington Street, Suite 1102  
 Tiffin, Ohio 44883  
 phone: (800) 698-3691  
 fax: (419) 447-0872

☆ SWRRC

**Southwest Regional Resource Center**  
*Cincinnati Department of Health*  
 3301 Beekman St  
 Cincinnati, Ohio 45225  
 phone: 800-957-3810  
 fax: (513) 357-7432

☆ SERRC

**Southeast Regional Resource Center**  
*Zanesville-Muskingum County Health Department*  
 205 N. Seventh Street  
 Zanesville, Ohio 43701  
 phone: (866) 681-3962  
 fax: (740) 455-6726

☆ NERRC

**Northeast Regional Resource Center**  
*Mahoning County Board of Health*  
 50 Westchester Drive  
 Youngstown, Ohio 44515  
 phone: (866) 887-6779 ext. 138  
 fax: (330) 270-9194

● CLPPP

**Ohio Department of Health**  
*Childhood Lead Poisoning Prevention Program*  
 246 N. High Street  
 Columbus, Ohio 43215  
 phone: (216) 728-9454  
 fax: (216) 728-6793

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Akron City Health Department*  
 146 S. High Street, Suite 800  
 Akron, Ohio 44308  
 phone: (330) 375-2077  
 fax: (330) 375-2655

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Belmont County Health Department*  
 68501 Bannock Rd  
 St. Clairsville, Ohio 43950  
 Phone: (740) 695-1202  
 Fax: (740) 695-8890

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Cincinnati Department of Health*  
 3301 Beekman St  
 Cincinnati, Ohio 45225  
 phone: (513) 357-7368  
 fax: (513) 357-7205

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Clark County Combined Health District*  
 529 E. Home Road  
 Springfield, Ohio 45503  
 phone: (937) 390-5600  
 fax: (937) 390-5625

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Cleveland Department of Public Health*  
 75 Erieview Plaza 3rd floor  
 Cleveland, Ohio 44114  
 phone: (216) 664-2175  
 fax: (216) 664-3353

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Columbus City Health Department*  
 240 Parsons Avenue  
 Columbus, Ohio 43215  
 phone: (614) 645-6197  
 fax: (614) 645-715

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Mahoning County Board of Health*  
 50 Westchester Drive  
 Youngstown, Ohio 44515  
 phone: (330) 270-2855 ext. 142  
 fax: (330) 270-9194

● CLPPP

**Childhood Lead Poisoning Prevention Program**  
*Toledo Lucas County Health Department*  
 635 Erie Street  
 Toledo, Ohio 43624  
 phone: (419) 213-4109  
 fax: (419) 213-4141